Consent & Demographics

Start of Block: Consent

Q1
The aim of this study is to collect data that will help guide future injury/illness prevention strategies among trail runners.

Your participation is truly appreciated among the trail running community.

I have read the participant information (participant info). I understand that I may withdraw from this study at any time without further question. I hereby consent to participate in this study.

☐ I agree (1)

End of Block: Consent

Start of Block: Demographic data

Q7 Initials and Surname

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

Q9 Email address (where we can send your questionnaire every second week)

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

Q27 **ID number** (to identify your data on the follow-up questionnaires)

Q14 **Age**

Q16 **Sex**

- Male (1)
- Female (2)

Q18 **What is your current height (cm)?**

Q20 **What is your current weight (kg)?**
Q21 Are you planning to participate in a trail run of 21 km or more, during the next 6 months?

- Yes (1)
- No (2)

Q22 On what surfaces do you train/run?

<table>
<thead>
<tr>
<th>Surface</th>
<th>Often (1)</th>
<th>Sometimes (2)</th>
<th>Rarely (3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dirt roads (trails) (1)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Street (tarred/paved surfaces) (2)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grass (3)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletic track (tartan) (4)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treadmill (5)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Q24 For what time period have you been actively participating in RUNNING as a sport?

- Select time (1) ... 10 years or more (12)

Q28 For what time period have you been actively participating in TRAIL RUNNING as a sport?

- Select time (1) ... 10 years or more (12)
Q26 Did you receive any advice regarding trail running shoes before?

- Yes (1)
- No (2)

Q30 If yes, what advice did you receive?

- Anti-pronation (1)
- Anti-supination (2)
- Neutral shoe (3)
- Ankle support (4)
- Orthotics (5)
- Raised heel (6)
- Front-foot support (7)
- For increased weight (8)

Q29 What brand shoe do you use most often during trail running?

▼ Adidas (1) ... Other (20)

Q29 Did you sustain any running related injuries in the PAST TWELVE MONTHS?

- Yes (1)
- No (2)
Q30 If yes, do you still at this stage experience similar symptoms from this injury?

- Yes (1)
- No (2)

Q31 Please specify the DIAGNOSIS of this injury (or location of symptoms if diagnosis was not made)

- Diagnosis (1) ________________________________________________
- Location of injury (2) __________________________________________

Q32 Are you suffering from any CHRONIC DISEASES i.e. hypertension, asthma, diabetes, cholesterol?

- Yes (1)
- No (2)

Q33 If yes, please list your chronic diseases.

________________________________________________________________

Q32 Please list all other MEDICATIONS and/or SUPPLEMENTS that you currently use.

________________________________________________________________

End of Block: Demographic data